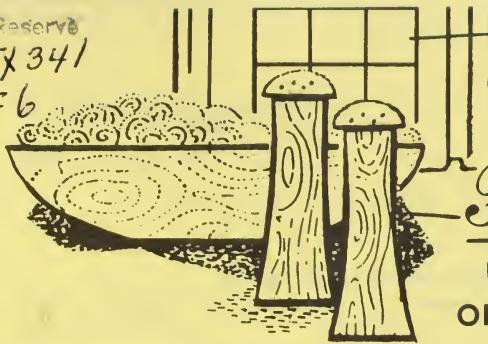


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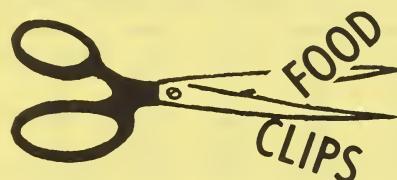




# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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How to buy canned pineapple? Know the styles is one answer. All styles of canned pineapple may be packed in extra-heavy sirup (the sweetest), heavy sirup, or even just plain water. Whole slices and spears generally cost the most. But, if you are making gelatin mold, pastries, or sauces, the crushed or tid-bits is just as good a buy.

\* \* \*

Tired of peas and carrots combo? Try cauliflower and peas, green beans and corn, or lima beans and carrots, asparagus and celery, carrots and onions, and Brussels sprouts and celery.

\* \* \*

Glazing carrots, parsnips, or sweetpotatoes? Butter, brown sugar and water -- or substitute the water and use frozen orange juice concentrate, or honey or even maple sirup.

\* \* \*

Freezing does not cause canned meat to spoil--however--it may damage the seal so that spoilage begins.

## In This Issue:

- 1- On Planting a Tree
- 2- Chart (on Ground Beef)
- 3- Ground Beef -- Lean?
- 4- Fats in Food and Diet

## PLANT A TREE ---It's Springtime!

Selecting and growing a shade tree for your yard, or garden is a rewarding experience. Nursery-grown trees are more likely to survive than trees dug up from the woods. Cold hardiness is the primary requirement to consider when you select a shade tree, according to the Agricultural Research Service of the U.S. Department of Agriculture.

First step in planting a shade tree is to protect the roots from drying. Then, dig a hole large enough to hold the entire root system and make certain that drainage from the hole is good. Prune the top of the tree as needed to compensate for roots lost in digging and moving and then put some fertile soil in the hole. (Set the tree in the hole no deeper than it was at its original site.) Install supporting stakes and cover the roots with fertile soil, then wrap the trunk and large limbs with a protective covering such as burlap or paper. Install guy wires.

And, watch it grow!

*Cost per pound of lean from ground beef at various prices per pound  
with specified percents of lean*

Price per pound of ground beef	Percent of ground beef that is lean <sup>1</sup>										
	71	73	75	77	79	81	83	85	87	89	91
Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents	Cents
81 .....	114	111	108	105	103	100	98	95	93	91	89
83 .....	117	114	111	108	105	102	100	98	95	93	91
85 .....	120	116	113	110	108	105	102	100	98	96	93
87 .....	122	119	116	113	110	107	105	102	100	98	96
89 .....	125	122	119	116	113	110	107	105	102	100	98
91 .....	128	125	121	118	115	112	110	107	105	102	100
93 .....	131	127	124	121	118	115	112	109	107	104	102
95 .....	134	130	127	123	120	117	114	112	109	107	104
97 .....	137	133	129	126	123	120	117	114	111	109	107
99 .....	139	136	132	129	125	122	119	116	114	111	109
101 .....	142	138	135	131	128	125	122	119	116	113	111
103 .....	145	141	137	134	130	127	124	121	118	116	113
105 .....	148	144	140	136	133	130	127	124	121	118	115
107 .....	151	147	143	139	135	132	129	126	123	120	118
109 .....	154	149	145	142	138	135	131	128	125	122	120
111 .....	156	152	148	144	141	137	134	131	128	125	122
113 .....	159	155	151	147	143	140	136	133	130	127	124
115 .....	162	158	153	149	146	142	139	135	132	129	126
117 .....	165	160	156	152	148	144	141	138	134	131	129
119 .....	168	163	159	155	151	147	143	140	137	134	131
121 .....	170	166	161	157	153	149	146	142	139	136	133
123 .....	173	168	164	160	156	152	148	145	141	138	135
125 .....	176	171	167	162	158	154	151	147	144	140	137
127 .....	179	174	169	165	161	157	153	149	146	143	140
129 .....	182	177	172	168	163	159	155	152	148	145	142
131 .....	185	179	175	170	166	162	158	154	151	147	144
133 .....	187	182	177	173	168	164	160	156	153	149	146
135 .....	190	185	180	175	171	167	163	159	155	152	148
137 .....	193	188	183	178	173	169	165	161	157	154	151
139 .....	196	190	185	181	176	172	167	164	160	156	153
141 .....	199	193	188	183	178	174	170	166	162	158	155
143 .....	201	196	191	186	181	177	172	168	164	161	157
145 .....	204	199	193	188	184	179	175	171	167	163	159
147 .....	207	201	196	191	186	181	177	173	169	165	162
149 .....	210	204	199	194	189	184	180	175	171	167	164

<sup>1</sup> Ask the butcher what percent of lean is in "regular," "lean," "extra lean," and any other types of ground beef he sells. In the Washington, D.C. area, "regular" was found to contain between 70 and 75 percent lean; "lean," 75 and 80 percent; and "extra lean," 80 and 85 percent.

## HOW LEAN IS LEAN

—in Your Ground Beef?

The more lean -- the more protein. However--the price you pay for "lean" and "extra lean" is higher than the price you pay for "regular"--usually so much higher that "regular" ground beef gives you more lean (and therefore more protein) for your money, according to the Consumer and Food Economics Institute of U.S. Department of Agriculture's Agricultural Research Service.

You can ask the butcher what the percent of lean is in the different types of ground beef he offers. Most stores usually conform to certain percents of lean. In a survey of the Washington, D.C. area stores, "regular" ground beef was found to be consistently less expensive as a source of lean and of protein than "lean" or "extra lean."

A product labeled as "ground beef" must be ground beef with no extra fat, water, extenders, or binders added. Seasonings may be added as long as they are identified on the label. Regulations cover the preparation of beef that is ground and packaged in a Federal or State inspected plant. If marked "hamburger" it is ground beef to which seasonings and pieces of beef fat may be added while the meat is being ground. No added water, extenders, or binders are permitted. Ground beef must contain a minimum of 70 percent lean meat per pound of ground meat.

However, grinding and labeling done in the supermarket may not have to conform to these or any other definitions. Supermarkets can prepare and label their ground beef according to their own preferences.

The cost per pound of ground beef at various prices per pound with specified percents of lean will provide a good guideline to which is the best buy in your store.

## NEW BOOKLET ON —

**"FATS IN FOOD AND DIET"**

In a nationwide survey, fat supplied an average of 45 percent of the total calories in the diets of young and middle-aged men, according to one of the latest publications of the U.S. Department of Agriculture. But, how much do we know about the variety in the kinds of fat or fatty acids?

Fat is not all bad -- it is the chief source of essential fatty acids as well as carriers of some essential vitamins, namely A, D, E and K. Too little fat can result in a diet that is deficient. Too little fat in a diet lacks flavor and satiety value. Knowing about moderation in total fat and fatty acids is an important way to understand how they fit into a balanced diet. The Agricultural Research Service, USDA, has just published answers to nonmedical type questions about the effects of dietary fat on health.

The importance of fat and other foods in the development of atherosclerosis, polyunsaturated fats, and the linoleic acid and cholesterol content of foods are explained in Agriculture Information Bulletin No. 361. It is available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 for 25 cents. It is available in some areas in Government Bookstores, Stock Number 0100-02924. Order by name and number.

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